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Your essential daily news | WEDNESDAY, AUGUST 26, 2015

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CREWS DEMOLISH BURNED-OUT GLEBE BUILDING

metroNEWS

Tories skip meeting



ELECTION 2015

Conservative candidates snub mayor



Michael Woods
Metro | Ottawa

Mayor Jim Watson's efforts to meet with federal election candidates hit a snag Tuesday morning when no Conservative candidates showed up to a briefing at his office.

Watson has invited candidates from all parties to meetings about matters important to the city, such as transit, infrastructure and affordable housing.

Watson said most Conservative candidates didn't respond to his invitation. Three had confirmed their attendance — Pierre Lemieux (Glengarry-Prescott-Russell), Walter Pamic (Kanata-Carleton) and Damian Konstantinakis (Ottawa Centre) — but all of them subsequently cancelled.

"When we had to send out notification that no one was showing up, obviously I was disappointed," Watson said Tuesday.

But 20 minutes after Watson tweeted news of the no-show, he said Pierre Poilievre, the regional minister for Ottawa, called him to reschedule.

"He indicated there seemed to be some confusion on their part about the date," Watson said.

"If we hadn't had that out-

reach from the Conservatives, obviously I would have been very disappointed and somewhat frustrated at the lack of participation," Watson added. "But I think they're doing their best to put that behind them."

Watson's spokesman later announced the meeting would occur Monday at 9 a.m.

Watson said he didn't know what the source of the confusion was. "(Poilievre) indicated that there was some confusion in his office, but obviously some of the others knew the date and agreed to come and subsequently cancelled," he said.

Watson said he understands candidates are bombarded with requests during a campaign. But he said the meetings are not partisan; they're factual briefings to give the parties a better understanding of the issues.

There are certain items on which he and the Conservatives don't agree, like the location of the controversial victims-of-communism memorial.

But the Conservatives have committed to funding a third of the next phase of the city's light rail project, for up to \$1 billion.

"That's why I initially found it strange that we didn't have a turnout of Conservatives, because they can speak quite positively about their investment in transit," Watson said.

Watson met with the full slate of local Liberal candidates last week and Green candidates on Monday. He's scheduled to meet with NDP candidates next week.



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Trial sheds light on PMO's power



Mainly my job was to spot trouble, and try to identify it and come up with a strategy for dealing with it.

Chris Woodcock, former director of issues management



The former director of issues management in the Prime Minister's Office, arrives at the courthouse in Ottawa for his second day of testimony Tuesday. JUSTIN TANG/THE CANADIAN PRESS

EXPENSE SCANDAL

Chris Woodcock takes stand, describes role

Upon quitting the Conservative caucus in the spring of 2013, Alberta MP Brent Rathgeber declared he no longer wanted to be treated like a "trained seal," parroting media talking points written for him by the Prime Minister's Office.

Two years later, the trial of his former caucus colleague Mike Duffy is shedding light on the inner workings of the powerful office that was the source of Rathgeber's main grievances.

The court has heard over the past two weeks from former key figures inside Stephen Harper's office, those unelected "masters" that Rathgeber said he didn't want to take orders from any longer.

Their testimony and emails entered into evidence show how senators were instructed on how to write their committee reports, how parliamentarians were advised on how to avoid or speak to the media, how Duffy — a former journalist — was given media lines and suggested scripts.

Even Harper's former lawyer inside the PMO was assigned to help negotiate what Duffy would say.

Chris Woodcock, the former director of issues management, is the latest to take the stand. Although the centralization and professionalization of federal

government communications began under Pierre Trudeau in the 1970s, the "issues management" position is a relatively new one in Canadian politics, apparently having first been born inside the government of Liberal prime minister Paul Martin.

The director of issues management is in addition to the director of communications and the legion of other press secretaries, media monitors, and others who hold communications roles.

Woodcock has described how he would arrive at work at 4:30 a.m. to read media articles and watch recordings of the previous evening's newscasts. The first meeting to discuss communications issues would happen at 7:30. Harper would be briefed later on potential headaches.

"Mainly my job was to spot trouble, and try to identify it and come up with a strategy for dealing with it," Woodcock said.

Duffy's defence lawyer Donald Bayne has been questioning Woodcock on the media messaging he drew up around Duffy's contentious living expenses in 2013, trying to establish that Duffy was being forced into positions by the powerful men in the PMO. But Woodcock's testimony is also one of the first times that the thinking around

communications and managing the news is being described to the public.

As with other modern democracies, communications now occupies as important a place inside the government as policy-making — every issue seen through the prism of how it will be marketed, how it will look, in the 24/7 news environment.

Communication on political issues is centralized inside the PMO, rather than having individual ministers or MPs' offices figure out how to deal with journalists.

In 2006, for example, Harper put an end to the practice of ministers speaking to reporters after cabinet meetings.

THE CANADIAN PRESS

Donald Bayne, lawyer of former Conservative Senator Mike Duffy.

JUSTIN TANG/THE CANADIAN PRESS



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DEBATE

Cash-in-lieu policy approved



Lucy Scholey
Metro | Ottawa

Ottawa city councillors should face limits when it comes to spending a special parks fund on plaque purchases, according to the city's planning committee.

On Tuesday, following extensive debate, the committee ultimately voted in favour of a controversially amended cash-in-lieu of parkland policy. It goes to city council on Sept. 9 for final approval. The policy allows developers to give money to wards instead of a new park, which may not always be an option given the lack of available land in urban wards. The funds are split 60-40 between the ward and the greater city. This has generated nearly \$29 million in parkland revenue over a four-year period.

Currently, those funds can only be used for buying new land for parks, building new recreation facilities or expanding existing ones.

Among several of the proposed changes to the policy, councillors could save the parkland cash on future repair and renewal projects. Staff had also recommended a ban on using the funds for self-promotion, like plaques or engravings, but Kanata South Coun. Allan Hubley argued against it.

"This is not promotional. It's a thank you to the sponsors," he said. Hubley tabled a motion amending the policy to restrict cash-in-lieu-funded plaques to projects worth at least \$10,000, which was approved.

The amended cash-in-lieu policy made headlines earlier this year when River Coun. Riley Brockington tried to access his parkland funds — only to find he was in the red. His predecessor, Maria McRae, spent some of the money on ward-wide plaques adorned with her name.

Potholes dinging cars, but try dinging city for it

metr EXCLUSIVE

Nearly 4,000 vehicle damage claims made since 2001: Data



Haley Ritchie
Metro | Ottawa

The results are in — Bank Street might as well be renamed Pothole Alley.

Metro scrutinized 15 years' worth of data on legal claims against the city for damage to vehicles from potholes.

The data — which Metro obtained under the Municipal Freedom of Information and Protection of Privacy Act — show that Bank Street, Carling Avenue and Bronson Avenue are the most rutted roads in the city.

But if you're looking to take the city to court over pothole damage to your vehicle, good luck. Only a handful of claims have resulted in the city coughing up any cash.

The city has received 3,770 claims for pothole damage since 2001, according to the data, which does not include details such as individual payment amounts or claimants' names.

Yet only 0.04 per cent of claims resulted in the city paying up.

There are still 59 cases from 2015 and 2014 being considered, but the odds are not in favour of drivers.

That's because the city only pays for damage it is liable for. That means the city is only responsible for vehicle damage

if it knew about a pothole but did not fix it within a certain period of time. That timeline varies depending on whether a road is paved or not, as well as how large the pothole is.

"Applying these legal considerations means that the city is rarely legally liable for damage caused by potholes and, as a result, is rarely required to pay pothole claims," city solicitor Rick O'Connor said in an email.

Not surprisingly, the most complained-about roads also tend to be the longest streets and the most heavily used.

+ BACKGROUND

Ottawa's 10 most complained-about roads:

1. Bank Street (161)
2. Carling Avenue (157)
3. Bronson (117)
4. Colonel By (117)
5. Baseline Road (90)
6. Riverside Drive (88)
7. Hunt Club Road (85)
8. Rockcliffe Parkway (78)
9. Vanier Parkway (78)
10. Greenbank Road (76)



TRUCK FLIPS DRIVER IN SERIOUS CONDITION A 22-year-old man was taken to hospital in serious condition with a head injury Tuesday afternoon after the truck he was driving flipped over on the 417 near the Holly Acres Road off ramp. Paramedics responded to the collision in the eastbound lane at 12:30 p.m. No other injuries were reported. All lanes were blocked in the area and motorists were asked to avoid the area as crews cleared the wreckage. COURTESY OTTAWA PARAMEDIC SERVICE

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DISTRACTED DRIVING

Police issue 91 tickets in blitz



Joe Lofaro
Metro | Ottawa

If you were caught using your cellphone while driving today, you were not alone.

A one-day traffic blitz targeting distracted drivers resulted in 91 tickets being issued to Ottawa drivers.

Ottawa police, the OPP, and the RCMP collaborated together Tuesday on the initiative in various locations throughout the city from morning well into the late

afternoon. Drivers caught using a handheld communication device were given tickets under the Highway Traffic Act. Police said another 43 drivers were ticketed under the HTA for other offences.

Police are raising awareness about the dangers of distracted driving, which they say was the result of 40 per cent of collisions in Ottawa in 2013.

"Drivers may be aware of some dangers, like drinking and driving, but they may not realize that other behaviours and distractions also pose a threat to their safety," said Ottawa Police

\$1,000

Recently, the province announced fines for distracted driving will increase to between \$300 and \$1,000 in addition to three demerit points upon conviction. The new fines will take effect on Sept. 1.

Traffic Sgt. Denis Hull, who has spearheaded the Leave the Phone Alone campaign.



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Airport bans 7 cabbies

LABOUR

Drivers allegedly threw eggs, shouted slurs



Joe Lofaro
Metro|Ottawa

The Ottawa Airport Authority has handed out seven trespass notices to taxi drivers for allegedly throwing eggs at other vehicles and shouting racial slurs during the ongoing labour dispute about airport pickup fees.

Before Tuesday, five notices had been handed out to drivers and one was withdrawn, according to airport spokeswoman Krista Kealey.

But on Tuesday the airport gave three more notices to drivers for "harassing and yelling" at OC Transpo," said Kealey.

The notices come on the 15th day of the ongoing labour dispute, as drivers continued to protest outside the



An Airport Taxi YOW driver shouts at BlueLine and Capital Taxi drivers picking up airport passengers on Aug. 18. The labour dispute is now in its third week. LUCY SCHOLEY/METRO

airport entrance over an increase in airport pickup fees.

The fee increased on Aug. 11 from \$1 or \$2 to approximately \$5 per pickup. Drivers with Airport Taxi YOW say the

extra costs will force them to pay \$1,600 per month in fees, up from about \$345.

"There has been intimidation, harassment, egg throwing, damage to vehicles, racial

slurs, passenger removal from cabs," said Kealey.

Close to 400 BlueLine and Capital Taxi drivers were authorized to pick up passengers as Airport Taxi YOW driv-

ers are protesting the airport fee hike.

Hanif Patni, president of Coventry Connections president which is Ottawa's largest taxi company, said Monday he will not return to the negotiating table, adding that the fees had been the lowest in North America for the past two decades.

The Airport Authority has been working closely with Ottawa police to ensure the protests are peaceful. Police say no charges have been laid, but they are investigating the egg throwing incidents.

Despite the misbehaviour, Kealey said operations have returned to normal.

Tensions flared on Monday as nearly 50 affected drivers stormed city hall, demanding Mayor Jim Watson get involved in the labour dispute.

Eventually, city staff met with representatives from the group informing them the mayor will meet with them within 48 hours.

The mayor has previously said the labour dispute is an issue between Coventry Connections and the union.

IN BRIEF

Para Transpo consults starting in September

City officials will host 16 small sessions to discuss who is eligible to use Para Transpo, and what can be done to make the booking model more efficient.

Beginning Sept. 17, OC Transpo officials will welcome 20 people at a time to discuss the barriers and challenges that exist for operators and users of the city's alternative transit system.

The big issue for advocates seems to be eligibility.

Right now, Para Transpo only offers services to people with physical disabilities and mobility concerns that prevent them from using regular OC Transpo services. Users are classified as temporary, permanent or "winter-only" clients, and all require medical documentation to get approved.

In May, the city's transit commission called for a review Para Transpo's eligibility criteria to better reflect the province's accessibility standards.

EMMA JACKSON/METROLAND MEDIA

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EDUCATION

English Catholic teachers, province reach tentative deal

The Ontario's English Catholic Teachers Association reached a tentative contract agreement with school boards Tuesday, the second teachers' union to strike a deal in the past week.

The details of the settlement have not been released, but the union immediately suspended a work-to-rule campaign during the ratification period.

OECTA had begun a work-to-rule campaign at Bishop Belleau high school in Moosonee, where classes started a few weeks earlier than most schools, but that job action has been suspended, added union president Ann Hawkins.

Education Minister Liz Sandals said the Catholic teachers' deal "is consistent with the government's 'net zero' bargaining framework," meaning any salary increases are offset through savings elsewhere in the agreement.

Last week, the Ontario Secondary School Teachers' Federation reached a tentative agreement.

The details were not made public, but The Canadian Press obtained a copy of a briefing for union leaders that showed high school teachers would get a one-per-cent lump-sum pay-



Liz Sandals

ment plus another 1.5 per cent in raises in the second year, and another paid professional day.

Premier Kathleen Wynne refused to say Monday that the high school teachers got a raise or where the savings were found elsewhere in the education system to fund their salary increases.

The Elementary Teachers' Federation of Ontario is sched-

uled to return to bargaining Sept. 1, and has threatened to ramp up a work-to-rule campaign that started last spring if there's no deal when classes begin a week later.

ETFO president Sam Hammond said elementary teachers won't participate in field trips or parent-teacher meetings, but they also won't suspend extra-curricular activities, at least not at the start of the school year.

The union representing francophone teachers in Ontario is also in contract negotiations with school boards.

Ontario's 130,000 teachers have been without contracts for more than a year, and all four unions — even those with tentative agreements — must still negotiate local contracts with their local boards.

The Liberal government set up a new two-tier bargaining process that includes both provincial and local rounds of negotiations.

Meanwhile, the Canadian Union of Public Employees has asked for a no board report — the last step before moving to a legal strike position — on behalf of 55,000 other education workers in Ontario schools.

THE CANADIAN PRESS

130,000

Ontario's 130,000 teachers have been without contracts for more than a year.



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Wakefield band the Strain plays Irene's Pub during Marvest Sept. 18 along with The Split and Monday I Retire. JAMIE KRONICK/FOR METRO

Marvest: Not your usual music fest

LOCAL TALENT

Two-day music harvest to hit Bank Street Sept. 18-19



Trevor Greenway
For Metro | Ottawa

Mark Monahan can't remember a time when Ottawa was so hot.

The executive director of Ottawa's two biggest music festivals, Ottawa Bluesfest and CityFolk, says there is something in the air, or the water, that is making Ottawa a hotbed for musical talent.

That's why he has lined up 60 of the top up-and-comers from the nation's capital for a two-day musical harvest that will turn Bank Street into a

little Austin, Texas, from Sept. 18-19.

"You could never duplicate SXSW (South by Southwest), but you can take some of the process and spin it in our own way," says Monahan of Marvest, an offshoot to the big CityFolk festival happening at Lansdowne Park.

"That's the spin, the local. We are focusing on local talent in unorthodox venues."

And when he says unorthodox, he truly means it. While there will be some shows at live music institutions like Irene's Pub and FarmTeam Cookhouse, most will be held in bike shops, hair salons and bookstores along Bank Street and Monahan is pumped to bring some of them to life.

Monahan got the idea while taking in Austin's esteemed SXSW festival last summer. And while he is already throwing the biggest fall party in Ottawa

with Van Morrison, Wilco and the Avett Brothers headlining CityFolk, Monahan felt compelled to deliver a strong local component to the festival. But he wanted it to be different than just having a local paid stage at the site.

And while many already have their calendars booked to see artists like the Sheepdogs, Lucinda Williams and Of Monsters and Men, the Marvest lineup is worth more than just a glance.

It's not the same old-timer bands playing the same Ottawa tunes to the same Ottawa crowds. Marvest will see nine local bands release fresh new tunes at the festival from the likes of John Allaire, Lost to the River and Alex Silas and the Subterraneans, among others.

For a full list of artists, visit the CityFolk website at www.cityfolkfestival.com and click on the "Marvest" logo.



IN BRIEF

McIntosh to receive City Builder Award

City councillors are reuniting on Wednesday after a summer break and with that comes another City Builder Award.

Marie McIntosh is the recipient of this year's honour, which she will pick up at city hall at 10:15 a.m.

The City Builder Award is given to individuals, groups or organizations who have demonstrated volunteerism, "exemplary action" or a commitment to bettering the City of Ottawa. LUCY SCHOLEY/METRO

HUMANE SOCIETY

Reports soaring of dogs left in hot cars



Joe Lofaro
Metro | Ottawa

The Ottawa Humane Society says this has been the worst August on record for calls about dogs left in hot cars.

From Aug. 1 to 25, there have been 89 calls to the Humane Society for pets in hot cars, up from 49 calls last August.

"With the heat and the humidity so high, it used to be

that people weren't leaving their pets in hot cars. But this year is different," said Miriam Smith, OHS inspector.

"This is the first year that we've seen people doing this in any temperature, no matter how hot."

Two people have been charged after dogs were left in hot cars.

Anyone who sees a dog left in a car is asked to call the OSH emergency line at 613-725-1532.

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Glebe building demolished after fire

COMMUNITY

Police looking for arsonist responsible for massive blaze



Trevor Greenway
For Metro | Ottawa

It was a bittersweet morning

for Eli Saikaley Tuesday as he watched demolition crews tear down the burned-out building at Bank and Fifth Ave in the Glebe after a massive fire gutted several businesses in early April.

Saikaley had been in the building for 36 years, operating his Silver Scissors Salon while his son Sebastien opened up a taco shop next door, just 36 days before the fire broke out.

"I got a text this morning from some of my workers who said the building was coming down," Eli said, as he watched a backhoe rip the entire building apart, piece by piece.

"When I read the text, I got a little choked up," he added. "Our whole family was in there."

Although it's tough for Saikaley to watch the building he built his reputation

66

I love being here ... The Glebe is our home.

Eli Saikaley, owner of Silver Scissors Salon

on come down, he says it's moving closer and closer to closure from him. The only thing left is to find the per-

son responsible, as police deemed the blaze as arson in the spring.

Saikaley didn't waste much time in getting back in business, as he moved just down the block on Bank Street and started cutting hair in July. It's where he belongs.

"I love being here," he adds. "The Glebe is our home."

The April 9 explosion wiped out several Glebe

businesses including Brown's Cleaners, the Beavers Mug Café, Encino Taco Shop, Pizza Hut, Mac's Milk and Saikaley's salon.

Glebe residents were applauding the site of backhoes and demolition crews Tuesday morning, saying the building had been a summer-long eyesore.

Police have not named any suspects in the blaze and are still investigating.

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A city committee approved granting protected property status to this vacant building on 70 Richmond Rd. LUCY SCHOLEY/METRO

Gas station closer to heritage designation



Lucy Scholey
Metro | Ottawa

An old Westboro gas station once owned by former prime minister Pierre Trudeau's father is closer to becoming a protected heritage property.

The City of Ottawa's planning committee approved the designation for the little vacant cottage-style building at 70 Richmond Rd. on Tuesday.

While the Island Park Drive Community Association and Heritage Ottawa are in favour of the heritage label, a representative from developer FoTenn said it was premature and could be difficult to repurpose the site.

Main and Main, a Toronto-based development firm that now owns the building, has previously argued the land is likely

contaminated, which could complicate development plans.

Andrew King, an Ottawa Citizen columnist who has written about 70 Richmond Rd., called for "imaginative development" at Tuesday's meeting and pointed to examples in the U.S. where historic gas stations were turned into trendy restaurants. He pitched several development ideas, including a three-to-four-storey commercial building that would encompass the gas station.

Built in 1934, 70 Richmond Rd. was initially owned by Benzolene Corporation Ltd., but changed hands two years later to the Champlain Oil Company.

In 1968, Nepean Motors Limited took over and the building became a car rental venue. It was named "Island Park Auto Exchange," in 1996.

City council must finally approve the heritage designation.

IN BRIEF

Famed magician Darcy Oake coming to the capital

After surviving his death-defying escape while handcuffed inside a wooden crate suspended from a crane three stories high, famed Canadian illusionist Darcy Oake is making a stop in Ottawa at the Centrepointhe Theatre for his

Edge of Reality Tour.

Oake started turning heads after his successful stint on the U.K. reality series, Britain's Got Talent in 2014, where he made the Top 10 finalists.

Tickets for the Nov. 10 show went on sale Tuesday at centrepointheatres.com. JOE LOFARO/METRO



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ELECTION 2015

Mulcair giving PM cover by missing debate: May

Elizabeth May is accusing NDP Leader Tom Mulcair of giving cover to Stephen Harper by refusing to participate in debates his Conservative rival does not attend.

The Green party leader says it's shameful and shocking that Harper — and now Mulcair, as a result — won't show up for a scheduled debate on women's issues, which has since been cancelled as a result.

May says the other leaders should be holding Harper's feet to the fire by attending the debates, leaving an empty podium to indicate the prime minister's absence.

May made the comments while unveiling her party's national housing strategy in Burnaby, B.C.

May, who is running for re-election in Saanich-Gulf Islands, is urging Mulcair to reconsider, saying it's not smart politics for the NDP leader to be so dismissive of a debate

about women's issues.

The debate's organizers say they will instead hold one-on-one interviews with the leaders to discuss issues important to women — an alternative Mulcair said he supports, because it allows for a complete discussion.

Mulcair says he would have preferred the full debate format with Harper present, but barring that, the individual interview is the best he can do under the circumstances.

The Green Party is changing a section of its platform after receiving criticism that it's inaccurate and "anti-feminist."

As May was promoting her willingness to participate in the debate on women's issues Tuesday, online critics attacked a section of her platform as harmful to women.

They noted, for example, it does not refer to domestic violence, aside from claiming that "false allegations" are common.



Elizabeth May

DARRYL DYCK/THE CANADIAN PRESS

By the end of the day, the party had committed to changing the things people found offensive.

Julian Morelli, the party's communications director, said he's thankful the problems were brought to light.

THE CANADIAN PRESS, WITH FILES JESSICA SMITH CROSS/METRO

HEALTH

Outbreak of 24 E. coli cases reported in four provinces

Public health officials are investigating an outbreak of E. coli infections that occurred across four provinces this summer.

The Public Health Agency of Canada reported 24 cases of E. coli in Alberta, Ontario, Quebec and Nova Scotia where individuals became sick be-

tween July 12 and Aug. 8.

Five of the patients were hospitalized, but the agency says all are recovering or have already recovered.

Officials say they have not yet identified the source or product causing the outbreak.

The agency says the risk of contracting an E. coli in-

fection is low, but Canadians should take care to follow safe food handling practices, such as thoroughly cooking meat products and washing fruit and vegetables.

The agency reports an average of 440 E. coli infections across the country per year.

THE CANADIAN PRESS

Harper talking economy again

ELECTION 2015

Conservative leader emerges for rare public walkabout

A feistier Stephen Harper appeared on the campaign trail Tuesday as volatile world markets pushed the election debate back to his favourite subject: The economy.

The Conservative leader launched a pointed attack on the Liberals' fiscal record of the 1990s, shared his concerns about the global economy and even took the unusual step of emerging from his tightly managed campaign bubble to mingle with ordinary folks in Quebec City.

Harper's day unfolded as turbulent markets rebounded in part from Monday's steep slide, crude-oil prices bounced back but stayed below \$40 US a barrel and the dollar remained low. "These are challenging times, but I think they speak once again to why this government's strategy is the correct one," Harper said in Quebec City, where he announced a plan to improve port facilities in the province.

"You do not — as any financial planner will tell you, whether it's from the prime minister on down — you do not run around and change your plans based on daily market news. You have a long-term plan and you stick to it."

The renewed focus on the economy arrived at an ideal time for Harper.

It has partly overshadowed potentially damaging revelations that have come out at the Mike Duffy trial. Harper has fielded



Conservative Leader Stephen Harper made a campaign stop in Montreal on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

numerous uncomfortable questions related to senator's expenses scandal in recent weeks.

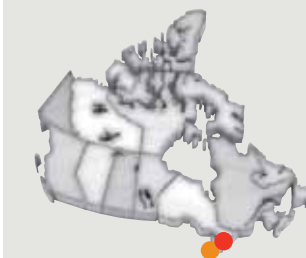
The shift came as polls suggest Harper is locked in a tight three-way battle with the NDP and the Liberals.

It also coincided with a rare campaign-trail activity for Harper: Greeting people outside of a tightly controlled environment or a partisan event.

Harper and his wife, Laureen, emerged from their campaign bus in Quebec City's old town on Tuesday. They greeted people on the sidewalk and inside a coffee shop, where a grinning Harper posed for photos with staff and chatted with customers.

Earlier in the day, a scrappier Harper had used some of his extra energy to criticize his opponents. THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY



● Justin Trudeau will be in Newmarket, Ont.

● Tom Mulcair will be in London Ont., and Stratford, Ont.

The itineraries of Stephen Harper and Elizabeth May were unavailable.

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A mother holds her child in Gothenburg, Sweden. For this family, a procedure has led to a baby being born from the same womb that nurtured his mother. MARIA CHENG/ ASSOCIATED PRESS

One womb unites three generations

HEALTH

Woman gives birth after her mother donates uterus

For one family in Sweden, a pioneering procedure has led to a baby being born from the same womb that nurtured his mother, uniting three generations.

The new mother, who lost her own uterus to cancer in her 20s, said it was “unimaginable” that she now had her own child, thanks to her mother’s donated womb.

“It can’t be described how happy we are,” she told The Associated Press in an exclusive interview. “It’s everything that I hoped for and a little bit more,” said the woman, who asked that she and her

mother not be identified in order to protect the privacy of her 9-month-old son.

Dr. Mats Brannstrom, who is behind the revolutionary process, has ushered in four babies — all boys — with transplanted wombs; a fifth is on the way. He said there was something very special about this case: “It’s one uterus bridging three generations of a family.”

Before his breakthrough, there had been two attempts to transplant a womb — in Saudi Arabia and Turkey — but no live births. Doctors in Britain, France, the United States and elsewhere are planning similar operations with wombs from women who have died recently, not living donors.

Brannstrom, a professor of obstetrics and gynecology at Sahlgrenska Hospital at the University of Gothenburg and Stockholm IVF, first trans-

planted wombs into nine women about two years ago as part of an experimental study, including the new mother, who was the first. Complications forced the removal of two of the wombs. The women in the trial were either born without a womb or had it removed due to cancer.

The new mother, in her early 30s, recalled that as hospital staffers wheeled in her mother for the transplant, “I was crying and told her I loved her and thank you for doing this.”

The woman’s mother — the baby’s grandmother — said she immediately agreed when her daughter raised the idea.

The proud grandmother, in her mid-50s, acknowledged she has difficulty understanding the magnitude of the birth, but “at the same time, I sometimes think that I am a part of history.”

THE ASSOCIATED PRESS

IN BRIEF

Train attack in France spurs terror investigation

Paris authorities are formally opening a judicial investigation into terror-related acts after a thwarted attack on a high-speed train last week.

Prosecutor Francois Molins said the decision was based on the actions by 26-year-old Moroccan suspect Ayoub El-Khazzani on the train Friday night and information from other European authorities about his travels and apparent links to radical Islam. THE ASSOCIATED PRESS

BRITAIN

Big Ben shows age after running slow

Don’t set your watch by Big Ben.

Officials say the famous clock at Britain’s Parliament — used by Londoners for decades to check the time — has recently been slow by as much as six seconds.

The 156-year-old clock chimes every 15 minutes and emits deep bongs to mark the hour. Its inaccuracy was noticed by staff at BBC radio, which broadcasts the bongs live at 6 p.m.

Ian Westworth, one of Parliament’s three clocksmiths, told the BBC the clock had become “a little temperamental” with age.

“Imagine running your car for 24 hours a day, 365 days a year for the last 156 years,” he said.

Parliamentary officials said Tuesday that mechanics had corrected the clock to within “normal parameters” — within two seconds of the right time.

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Canadian and U.S. flags fly side by side in St. Bernard Parish in September 2005. CONTRIBUTED

special feature

After Hurricane Katrina hit, the first outside help to arrive in one devastated community was a team of Canadians. Metro's **Rosemary Westwood reports from New Orleans.**

Rescued by the 'Mounties'

This is the first in a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Katrina.

St. Bernard, Louisiana.

Wanda Crownin sat smoking a cigarette in Lehrmann's Bar, in a booth beside the pool tables, the weekend before the 10-year anniversary of Hurricane Katrina.

The bar was made famous for staying open through the storm and ensuing crisis, an air-conditioned oasis for first responders including a 46-member heavy search-and-rescue (HUSAR) team from Vancouver, some of whom rescued Crownin's mother.

"They floated her on a mattress to St. Bernard highway, and a helicopter took her out

across the water," she said. "We're always grateful."

Shaun Murphy, then a captain with the St. Bernard fire department who now lives in Tennessee, remembers first spotting the Canadians in the days after the storm.

"I saw these guys coming out of one of our neighbourhoods," he told me. "I knew everybody who was supposed to be there. One of them said they needed some help to get a lady out of the house. And I said, 'Who are you guys?' He said they were from the Canadian search-and-rescue. I said, 'I'm not trying to be a smart ass or anything, but where the hell did you come from?' At that point no one was helping us — we were on our own."

"It was very mixed emo-

tions," Murphy said. "One, the fact that somebody was actually there to help us was awesome, and the other part is that I can not believe, for the life of me, the United States of America, as big as they are, wasn't here, and the first help we got was from outsiders."

St. Bernard is a separate municipality adjacent to New Orleans, a bedroom community, a rural home to fisherman and shrimpers, and an industrial hub with a sugar refinery and two oil refineries. Before Hurricane Katrina, 66,000 residents lived there.

"The wind shifted after the eye passed," remembers Fire Chief Thomas Stone, who weathered Katrina's battering

from inside his office on Aug. 29, 2005. "And I'm thinking, 'Oh, I think we made it. Wrong.'"

The levees of the Industrial

"The wind shifted after the eye of the storm passed. And I'm thinking, 'Oh, I think we made it.' Wrong."

THOMAS STONE, ST. BERNARD PARISH FIRE CHIEF

Canal to the west broke first, and Stone watched whitecaps roll up the road. The water rose 4½ metres in 20 minutes. It thrust houses into streets. It cut

electricity, downed cell towers and left thousands of people stranded in sweltering heat.

While people all along the

and Armstrong — one of the leaders of Vancouver's HUSAR team — secured a plane. They took off for Baton Rouge (New Orleans' airport was closed), but had to re-route to Lafayette mid-flight when they heard Baton Rouge was out of fuel. Upon landing, the team made its way to Kenner, where — within a 30-minute drive of the devastated communities — they were almost sent home.

The now infamously slow U.S. government response had left victims of the flooding without food and water for days. There were rumours of mass looting and civil unrest (much of it later proved unfounded — people had mostly taken food and basic supplies). Authorities were preparing to send in the National Guard.

Gulf Coast had fled the Gulf Coast, Tim Armstrong was trying to find a way in.

The province of B.C. had offered assistance to Louisiana,

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"People were in desperation mode ... It was just absolute chaos, like you've never seen before."

TIM ARMSTRONG

Rescue operations were on hold, the Canadians were told. They might as well leave.

"We're like, what? We've gotten all the way here to support and help and now they say there's no mission for you," Armstrong remembers, incredulity still in his voice.

Then two detectives with Louisiana State Police walked in. There's a problem in St. Bernard Parish, they said. "The town's totally under water, and the locals are trying to do the best they can and there's been no outside help come in there."

The Canadians had a mission.

operation headquarters, Armstrong met Henry "Junior" Rodriguez, St. Bernard's outspoken and boisterous equivalent of a mayor, and the reason why, to this day, some in St. Bernard still falsely believe they were rescued by the RCMP.

"He had a gavel and a jar of dill pickles beside him and a dog curled up around his feet," Armstrong remembers.

"Vancouver, where's Vancouver?" Rodriguez asked. Canada, he was told.

"He stood up and said, 'Hey everybody, the Mounties are here!'"

Armstrong's first look at the community was of rooftops poking out of water as far as the eye could see. At emergency-

Before the Canadians arrived, Chief Stone already had about 100 firefighters commandeering any fisherman's boat they could



"It was really heart-wrenching to get people out of there, and then they still had no real place to go."

TIM ARMSTRONG

from Sept. 3.

Ronnie Lehrmann, owner of Lehrmann's Bar, remembers the Canadians as among his rescue-worker clientele.

"We opened up from seven to 10, and sometimes six till 10, and we just gave everything away," he says.

"Sometimes you had 50 or 100 on the street out there waiting to get a cold beer. We had to blow a whistle every 15 minutes, say, 'OK, 10 people out, 10 people in.'"

* * *

In the decade since the storm, firefighter Shaun Murphy has become a Canucks fan, and Armstrong and Stone have become friends. Armstrong has been back to visit St. Bernard twice — he's now an honorary citizen — and Stone has visited Vancouver.

It's a friendship encapsulated in a single photograph, snapped as the Canadians were preparing to pull out after an exhausting week of operations. The team gave Stone a large Canadian flag, and he told them to hoist it on a makeshift flag pole.

"Then some of the U.S. Coast Guard guys got a little uppity about having a Canadian flag displayed," Armstrong says. "Of course, in true U.S. style, they had to find a bigger flag and fly it a little higher."

Katrina still looms large in St.



"You actually feel you made a difference ... I feel proud that we were down there and we were Canadian."

TIM ARMSTRONG, VANCOUVER HEAVY SEARCH AND RESCUE

Bernard Parish. Half the population had still not returned by 2010. Sprawling, lush lawns mark where houses used to sit. Stone jokes that St. Bernard is now the dollar-store capital of the world, while grocery stores remain scarce.

On Friday, Aug. 7, Armstrong got a package at his New Westminster office. Sent by Dani Babineau, whose cousin was

rescued by the Canadians, it contained a thank-you card, and a box of T-shirts that read "Mounties are our heroes to St. Bernard."

"You actually feel you made a difference in not just one person's life, but many," Armstrong says of that week in St. Bernard. "And I feel proud that we were down there and we were Canadian."

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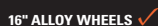
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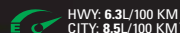
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July to December 2014 Polk sales report of Hyundai vehicles in competing segments. *Based on the 2009-2015 Global Automakers of Canada (GAC) Sales report. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2016 Elantra with any other available offers. Finance offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Price adjustments of up to \$3,200/\$4,000/\$4,000/\$4,000/\$15,000 available on all new 2016 Elantra models. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Purchasers or lessees of a new 2016 Tucson, who can provide a valid vehicle registration showing current ownership of a Hyundai vehicle, will not be assigned. No vehicle trade-in required. Offer cannot be combined or used in conjunction with any loyalty offers or any other available rebate, but can be combined with all other Hyundai Canada retail offers. ♦Prices of models shown: 2016 Elantra Sport 2.0T model shown. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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18 Wednesday, August 26, 2015

Business **metro** NEWS

Chinese rate cut fuels TSX rebound

STOCKS

Loonie dips below 75 cents US for first time since 2004

The Toronto Stock market recovered some ground Tuesday, making up for much of the loss of the previous session as China again cut interest rates in a move

aimed at reviving the world's second-largest economy.

The TSX/S&P composite index was ahead 287.02 points at 13,339.76 in mid-afternoon trading, after falling more than 420 points on Monday. But the loonie continued to take it on the chin, falling to 74.93 cents U.S. by the end of the day, the first time it has been below the 75-cent mark since mid-2004.

Tim Caulfield, director of equity research at Franklin Bis-

sett Investment Management, said Canadians have reason to be hopeful after the pounding the Toronto market has taken since the price of oil began sliding.

"A lot of the bad news is being priced into the market so when we look forward we become more optimistic about future return potential," he said.

The move by China's central bank to cut interest rates came after the Shanghai index dropped to an eight-month low

Tuesday following a string of recent plunges that took it below the 3,000 mark for the first time since December.

China's economic slowdown started as a side effect of the Communist party's plan to steer the world's second-largest economy to a "new normal" of lower, steadier growth. It has turned into a nosedive that the party is struggling to reverse.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS



The ticker in Times Square announces an upswing in market values Tuesday in New York City. MARY ALTAFFER/THE ASSOCIATED PRESS

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TECHNOLOGY

TuneIn launches ad-free subscription

TuneIn, the app that gives users free access to thousands of live radio stations around the world, is launching an \$8 US premium monthly subscription service that throws in ad-free listening, audiobooks and live play-by-play coverage of Major League Baseball and soccer from the Premier League and the Bundesliga.

The seemingly disparate offer caters to listeners who have varied tastes, says TuneIn CEO John Donham. That could be news in the morning, music at night, live sports whenever a good game is on, and a good book for long commutes.

"It turns out people want more than just one thing," he said.

The package is meant to emulate the kind of mix one gets from satellite radio giant Sirius XM: premium sports, talk shows and commercial-free music.

"We're out to build a worldwide version of that," he said.

The offer launches in the U.S. on Tuesday, as well as in Canada where it'll cost \$9 per month for Canadian users, and in the U.K., where it'll be 6 pounds a month.

The offer adds 40,000 audiobooks from HarperCollins, Penguin Random House and Scholastic to the few dozen public-domain books already in the

app. New titles include Cheryl Strayed's "Wild," Sheryl Sandberg's "Lean In" and George R.R. Martin's "A Game of Thrones."

Ad-free listening is initially tailored to 600 Internet radio stations. Terrestrial radio stations in the U.S. and abroad are planned to be added in the next few months, Donham says.

Launching a paid tier in addition to its free ad-supported service is born from the desire to add more content to the site that cannot be paid for simply with ads, Donham says, adding that reducing the number of ads played could actually help push prices up.

"If you reduce the number of ads by 10 per cent, the value of each ad would go up," he says.

THE ASSOCIATED PRESS



The app's interface.

TUNEIN/THE ASSOCIATED PRESS

IN BRIEF

Students shopping earlier online for back-to-school, says Google

Students are flocking online for their back-to-school buys — and they're starting early. Google consumer surveys found that 26 per cent of post-secondary-aged Canadian students said they'll be shopping more for back-to-school items this year compared to 2014. What's more, 20 per cent planned to be finished the task a month before school starts, while 55 per cent will be wrapped up by Labour Day. THE CANADIAN PRESS

market minute



DOLLAR

74.93¢ (-0.47¢)

TSX 13,339.76 (+98.19)

OIL \$39.31 US (+\$1.07)

GOLD \$1,138.30 US (-\$15.30)

NATURAL GAS: \$2.695 US (+3.9¢)
DOW JONES: 15,666.44 (-204.91)

metro's election explainer

How does the economy affect voting day?

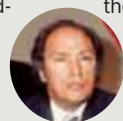
It's been a rough couple of weeks in the markets, with the Toronto Stock Exchange plunging seven per cent in the past month and the U.S. S&P 500 losing 10 per cent. The economy is on voters' minds as a recession looms, oil slumps and Greece and China stoke instability.

How is this likely to affect the federal election campaign? There are a few clues. A 2006 study of 27 democratic countries found uncertainty in the air in the weeks surrounding an election tends to coincide with significantly more volatility in the markets, especially if the race is close, or power ultimately

changes hands. According to Yale economist Ray C. Fair's model, a strong economy (of which the stock market is only part) tends to make undecided voters wish for more of the same and favour the incumbent candidate. Here's a trip down not-so-good-memories lane that could shed light on what the next weeks might bring amid an economy and an election both very much up in the air.



1935 Voters blamed Prime Minister R.B. Bennett for not doing enough to stimulate the economy during



the Great Depression. He was trounced by Liberal William Lyon Mackenzie King.

1960s-70s

Buoyed by a booming postwar economy, the Liberal Party saw five consecutive victories between 1963 and 1974 — but at the end of that time inflation and malaise had set in. Liberal Pierre Trudeau secured the PM's job by a margin of just two seats.

1993

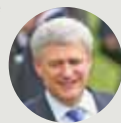
Battered by recessions, deficits and an unemployment rate of 11.3 per cent, Kim Campbell's Conservatives



were crushed, losing 167 seats and official party status.

2008

During a fall election in the middle of the global economic meltdown, Conservative incumbent Stephen Harper preached the need for stability. He won a minority and, by proroguing parliament, averted an attempt by opposition parties to form a coalition and take him down. The Toronto Stock Exchange, ever averse to change, cratered by more than 1,000 points over the course of a week.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON COEXISTING WITH CANINES



THE QUESTION

I live near a park where dog owners let their dogs off leash in the on-leash area. Should I say something?

if there are little kids around who are clearly in danger, you'd be better off advising the children and their caretakers to leave the area rather than single-handedly trying to get the dog owners to take their fanged beasts elsewhere.

You might also — as you herd the groups to safety — discreetly call the city or police to report the behavior.

If, on the other hand, the pet owners you are passing appear to be civil human beings, and their dogs are cute and friendly, I encourage you to politely but firmly request they use the off-leash area.

This is not just your right, it's arguably your moral duty.

Owners who illegally let their pets romp off leash turn public opinion against dog owners, and make it much harder to win much needed space for off-leash romping.

There's also the question of hygiene. Even if the owners scoop any poop in the area, I doubt they're going to remove every last molecule of feces from the grass where you might want to sit, or lie down, or picnic, or let your own

small mammals crawl around, taste-testing everything they can get their paws on.

The website doodycalls.com says the bacteria in dog waste can cause cramps, diarrhea, intestinal illness and serious kidney disorders in humans. And even cute and friendly dogs are still dogs; they get excited and jump and nip. At best they can trip you as they dart across your path, or snag your favourite sweater when they leap up to show you how much they love you. At worst, a darting, nipping mutt of any size can terrify the infirm or elderly, and easily draw blood from a toddler or infant, which must then lead to rabies shots and,

possibly, a lifelong fear of dogs, not to mention talk of putting down the pooch.

Finally, note that restricting dogs to enclosed, off-leash areas is also safer for the dogs. In Edmonton this year, dog owners are lobbying the city for more fenced-in areas after several dogs were reportedly killed in traffic near a popular off-leash area.

Don't worry about being a party pooper for the pups. You may be spoiling their fun in the moment, but you'll be doing them a favour in the long run.

Need advice? Email Ellen
scene@metronews.ca



Life to the fullest

©Ani Castillo

metroview

I quit drinking. I felt amazing. And it ruined my dating life.



Liz Beddall
Metro | Toronto

I had an epiphany in October. I had passed out in the midst of yet another binge-drinking/ binge-eating session and, upon waking with belly full and mind numb, it occurred to me that perhaps it was time to set this habit aside for a while, just to see what happens. So I did — and things happened.

Twenty pounds shed and happy as a clam, I'm now enjoying the most awake, energized period of life since I was a teenaged alcohol-virgin. I'm proud to bring San Pellegrino to parties, and I feel great while my friends are banging their morning heads against Advil and home fries.

But then that pulsating red heart pops up on Tinder, indicating a match, and I remember what's been lost.

The ongoing scandal of dating in 2015 has been exhaustively documented: Breakdowns over text message, heightists, weightists, no-shows, no apologies, no resemblance to the profile pic. It's an emotionally perilous venture, fraught with heart-break, confusion and anxiety. And into this chaos I now had to tread without my wingman, the sweet, socially stabilizing companion called alcohol.

My sober dates thus far have been plentiful and tough. Alcohol is routinely brought up within the first two minutes and I, candid to a fault, often give over the truth immediately: "I don't drink, but please,

please drink — drink abundantly, get drunk enough for both me and you." The confession invariably sends the date into sombre territory, a sterile atmosphere pervades, and the businesslike conversation ends with a stiff hug.

Back in my alcohol-soaked and very successful dating past, I didn't even have to get drunk. The social leeway afforded by the mere suggestion of intoxication — the free-flowing flirtation, the easy conversation, the silliness and (possibly feigned) charm that comes after even one drink — is so tied up in the ritual that, without a bottle in hand, my companions and I were lost.

Sure, my life was never better, but my dating life was never worse. So guess what I did? I decided that I would allow myself up to two drinks when on out-of-the-house dates. And so, following my next rightward swipe, at the risk of guilt and regret, I sipped. And it was amazing. Stella needed to get her groove back, and she got it — with a little help from her friend, Ms. Artois.

Over a glass of soda water I rationalize thusly: Growing up means seeking a balance, sometimes awkward, between an expression of happiness at night and confidently facing our reflections in the morning. As long as we're actively attempting to find the best footing on our own high wire, moral compromise is not only permissible. At times, it can be straight-up delicious.

Cheers my dears — and see you on Tinder.

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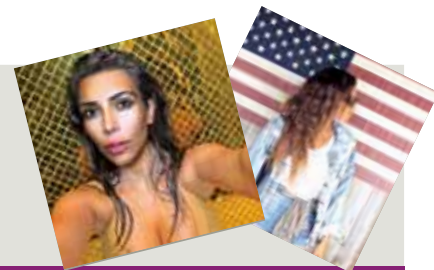
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PHILOSOPHER CAT
by Jason Logan

REALITY IS THAT WHICH,
WHEN YOU STOP BELIEVING
IT, DOESN'T GO AWAY





Blueberry fields forever

AGRICULTURE

Time is ripe to buy from Canada's vast fresh crop

Whether they're cultivated or wild, juicy Canadian-grown blueberries are in stores now.

A hot dry summer in B.C. — which produces the lion's share of the fruit in this country, with more than 800 growers in the province — has meant the crop is farther ahead than usual.

While they're generally harvested until the first week of October, "we're going to be lucky if we go to the first week of September this year," says Debbie Etsell, executive director for the British Columbia Blueberry Council.

Meanwhile, on the East Coast, the harsh winter delayed the start of the wild blueberry harvest by about a week.

"The harvest is a race with winter," says Peter Rideout, executive director of the Wild Blueberry Producers Association of Nova Scotia.

"The fruit won't stand any frost at all on the vine so ... If we happen to get an early September frost, that would be a concern on fruit that hasn't been harvested."

There are two basic types of blueberries. Highbush, or cultivated, bear larger berries. Lowbush, or wild, are smaller.

The highbush plant was derived about a century ago by Elizabeth Coleman White, a New Jersey woman who teamed with botanist Frederick Coville



B.C. produces the most blueberries in the country, with 800 growers in the province. THE CANADIAN PRESS/HANDOUT

to domesticate the wild blueberry plant.

Wild blueberries grow across the northeast up into the boreal forest, with the commercial highbush crop coming mainly from B.C., the Maritimes, Quebec and Maine, says Rideout. A small amount come from Newfoundland and Labrador and northern Ontario.

Look for fairly firm, sweet-smelling berries with no signs of mould or mildew and no crushed berries in the box, Foodland Ontario advises.

Store them loosely covered in their clamshell containers or transfer to a self-sealing plastic bag and refrigerate or freeze.

Take out what you need and wash just before use. Blueberries have a natural bloom — a silvery

sheen — which is nature's protection. If you wash it off before storage, the berries won't keep as long, Etsell says.

About 90 per cent of the wild blueberry crop is frozen within 24 hours of harvest, which involves laborious hand raking and separating the berries from twigs and leaves.

"A lot of that frozen fruit will be transformed into dried fruit or fruit purée or preparations for dairy product," such as yogurt and ice cream, Rideout says.

Both wild and fresh blueberries are packaged frozen for sale throughout the year in grocery stores.

The U.S. and Japan are big export markets for both wild and cultivated Canadian blueberries.

THE CANADIAN PRESS

RECIPE: BLUEBERRY TURKEY BURGERS

Makes 4 burgers.

Ingredients

- 2 tsp vegetable oil
- 3 Tbsp barbecue sauce
- 4 whole-grain burger buns
- 1 lb (500 g) lean ground turkey
- 3/4 cup blueberries, fresh or frozen, roughly chopped
- 1/4 cup chopped green onion
- 1 large egg
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped fresh parsley or 2 tsp dry
- 2 tsp chopped fresh thyme or 1 tsp dry

- 1 tsp finely minced garlic
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp bread crumbs or ground flax seeds (if needed)

Directions

In a bowl, mix burger ingredients and form into four 2-cm thick patties. If mixture appears too wet, add bread crumbs. Refrigerate until ready to cook.

Preheat a heavy-bottomed pan or barbecue to 350 F. Grease grill with an oiled paper towel or heat oil in pan. Sear patties on medium-



high heat, cooking for five to seven minutes until browned.

Carefully flip over, reduce heat to medium-low and finish cooking for another five to seven minutes until internal temperature reaches 165 F.

Brush with barbecue sauce and serve on buns with condiments of your choice.

THE CANADIAN PRESS

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NOTE: There will be NO ON-SITE PARKING on Sunday, August 30



Local blueberries are in season now. THE CANADIAN PRESS/HANDOUT

Into the wild blueberry

GET FRESH

Pick your own with a partner for a sweet and savoury mix

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Wild blueberry picking is the most romantic date. Think of how much you would learn about a partner: willingness to hunt and pick patiently versus outbursts if the bucket spills, commitment to nature versus tramping on shrubs, resilience to mosquitoes and tolerance to bees (kill a bee, and our friendship is over).

But most of all, a love of wild blueberries that runs so deep he or she would spend an entire day to gather a few cups of the most delicious, high-nutrient fruit grown in North America. Or, you could

buy them fresh and in season right now and go to the movies.

A few things I learned about wild versus cultivated blueberries: They grow in nutrient-rich glacial soils and thrive in harsh climates. They have a higher skin to pulp ratio (read: they're smaller) which means more antioxidants and intense flavour.

Blueberries aren't just for dessert; they are amazing as a sweet pop of taste in savoury dishes. Try:

- A salsa of blueberries, minced purple onions and vinaigrette
- On pizza with feta cheese and basil
- In an omelette with sweet mascarpone cheese along with blueberry tea biscuits

Being versatile, intense, full of life, resilient and hearty are great qualities in potential mates and blueberries. Go figure.

Theresa Albert is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

CONTRARY TO POPULAR BELIEF

Fish oil pills don't prevent mental decline, study says

Fish oil supplements, which are high in omega-3 fatty acids, do not protect against mental decline, said a study released Tuesday. The clinical trial, published in the Journal of the American Medical Association, is "one of the largest and longest of its kind," according to the US National Institutes of Health, which funded the research.

"We didn't see any benefit of omega-3 supplements for stopping cognitive decline," said study author Emily Chew.

Omega-3 fatty acids are found in fish oils, and people who regularly eat fish such as salmon, tuna and halibut have been shown to have better eye, heart and brain health. But consuming the oils in pill form is not the same. AFP

PINOT GRIS

Wine from Oregon? Believe it

LIQUID ASSETS

Peter Rockwell

@therealwineguy



You're forgiven if you believe California is the only American wine producer. After all, The Golden State pumps out 90 per cent of the juice made in the U.S.

Believe it or not, every state (including Alaska) makes wine,

with Washington and Oregon leading the non-Cali pack in production. Though Washington's near desert-like climate may not seem overly grape friendly, it's able to produce amazingly expressive wines; especially from Riesling, Syrah and Cabernet Sauvignon. Oregon wines have a European flare, with Pinot Noir and Pinot Gris (a.k.a. Pinot Grigio) the base of the best of its best. Firesteed Cellars, owned by

venerable Howard Rossbach, is an Oregon trailblazer. Its 2013 Pinot Gris (\$17.60-\$19.99) is a dry, citrus-rich wine that swings heavily towards the Grigio side of the grape variety's personality.

Try it with some fresh white fish, lighter poultry dishes or as an aperitif alongside some prosciutto-wrapped melon.



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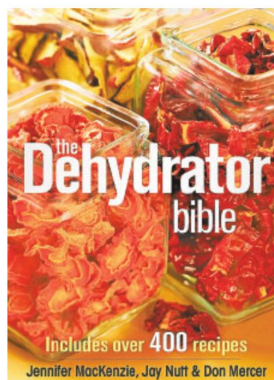
In *The Dehydrator Bible*, readers can learn the best ways to dry foods for their pantry and how to use the items in recipes.

An easy way to use up seasonal fruit and create treats to tuck into school lunches is to make fruit leathers.

"You literally purée the fruit, spread it out (on a dehydrator tray) and you've got this wonderful snack," says Jennifer MacKenzie, a home economist and co-author of *The Dehydrator Bible*.

Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime among others.

Here's one recipe to try:



Apple, Cranberry and Oat Breakfast Crumble

- 2-1 (8-inch) glass baking dish, greased
- 375 ml (1 1/2 cups) dried apple slices
- 75 ml (1/3 cup) dried cranberries
- 1 ml (1/4 tsp) ground cinnamon
- 425 ml (1 3/4 cups) unsweetened apple juice, divided

- 250 ml (1 cup) quick-cooking or large-flake rolled oats
- 30 ml (2 tbsp) whole-wheat flour
- 30 ml (2 tbsp) liquid honey or maple syrup
- Flavoured yogurt, for serving

In a prepared baking dish, combine apples, cranberries and cinnamon.

Pour in 375 ml (1 1/2 cups) of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

Preheat oven to 375 F.

In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture. Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm, with a dollop of yogurt. Makes 4 servings.

THE ASSOCIATED PRESS



Apple, cranberry and oat breakfast crumble is one of the tasty recipes readers can find in *The Dehydrator Bible*. HANDOUT

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Oven-made meat jerky

TRENDS

Full of protein, dried meat and fruit make for great snacking

Eva Kis
Metro in New York City

Jerky has come a long way since we all started snapping into Slim Jims. What began as a novelty snack has become the darling of the Paleo world — minus the preservatives, MSG and artificial flavours, of course.

The best part is that all the bad ingredients that came out can be replaced with healthier,

flavourful alternatives for a next-level snack that's low in calories but packed with protein.

We checked out Pamela Braun's new book, *Jerky Everything*, out earlier this month, for a few ideas, and had our minds blown by the variety of dried treats now at our fingertips.

The book's subtitle isn't Fool-proof and Flavorful Recipes for Beef, Pork, Poultry, Game, Fish, Fruit, and Even Vegetables for nothing. Since it's so delish right off the grill, pineapple jerky is officially on our list of summer food experiments.

You don't even need to buy a dehydrator; for jerky, a gas, electric or convection oven will work just fine, Braun writes.

Preheat to 200 F and place the meat or fruit strips on a cooling rack set on a baking

sheet to better circulate air. Convection ovens take about 90 minutes; for gas or electric, start checking at 2.5 hours.

Jerky is ready when it looks dry, but bends it without snapping. If it does break, just stick it back into a new marinade and try again.

Among the over 120 recipes, there was definitely one that caught our attention. Sriracha sounds like just the spicy-sweet

summery touch to elevate our on-the-go snack game.

"You'll be pleasantly surprised that the heat from the sauce kind of disappears in this recipe, so even if you don't do spicy, you can eat this jerky," Braun writes. "If you want to add some heat to this, toss in some red pepper flakes. The flavour will blend better than if you added another type of hot sauce."



SRIRACHA JERKY

Ingredients

- 1/2 cup unseasoned rice vinegar
- 1/3 cup + 2 Tbsp Sriracha sauce
- 1/4 cup brown sugar
- 2 tsp granulated ginger
- 1 tsp granulated garlic
- 1 tsp salt
- 1 pound London broil strips

Directions

In a one-gallon resealable plastic freezer bag, mix together all the ingredients except the meat, and allow the mixture to sit for 10 minutes.

Add the meat strips to

the marinade and mix them around so they get completely coated with the marinade.

Remove as much air as possible from the bag, seal, and place it in the refrigerator for 8 to 24 hours.

During the marinating time, remove the bag from the refrigerator and work the meat around so the marinade is fully incorporated into it.

Remove the strips from the marinade and arrange in a single layer for drying. Store in an airtight container. EVA KIS/METRO NEW YORK

HUNGER GAMES

Does being hungry make women feel less sexy?

In a U.S. study of college-aged women of normal weight, researchers found that women with a reasonably full stomach responded better to romantic cues than women who were hungry.

Using MRI imaging, researchers out of Drexel University observed brain activity among habitual dieters versus non-dieters. When fed, and then shown romantic images, both groups' reward

centres in the brain lit up more than when they were shown these images while hungry.

Investigators say the findings reinforce the idea that diverse rewards (think food, gambling, alcohol and sex) are interrelated.

"Receiving one type of reward might affect your response to another type," says senior author Michael R. Lowe, Ph.D., a professor in the College of Arts and Sciences at Drexel. METRO NEW YORK

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A sports coupe with lots of sport



REVIEW

M235i Coupe one of the edgiest models in the BMW catalogue



Mike Goetz
Metro | Canada

The BMW M235i is built to a formula that driving enthusiasts never tire of — put a big engine in a small vehicle. This never fails to make the small vehicle go real good.

The M235i does not let the formula, or driving enthusiasts, down. This is a wonderful and understated sports coupe, which makes the most out of its high-end BMW hardware.

The 2 Series is BMW's smallest car line. The M235i XDrive is at the absolute upper limit of the 2 Series range. The "M" prefix denotes it as one of BMW's new-to-North America "M Performance Automobile" models, which raises the sporting quotient over regular models, but not to the extent of full-on "M" models, such as the M4 Coupe or M5 Sedan.

It features a unique 3.0-litre inline six cylinder cranking out 322 hp and 332 "torques," M-specific chassis tuning with automatically adaptive suspension, upgraded braking, variable sport steering and exhaust, and Michelin Pilot Super Sport tires. The latter is as racy as premium, sporting tires get.

The not-too-dramatic styling is a perfect fit for the dual nature of this car. When you just

want to schlep around town in comfort and save fuel, you can select the COMFORT or ECO PRO settings on the Driving Experience Control and away you go. When you want to access the M235i's wild side, you can select SPORT or SPORT+ and away you go too, but way faster.

The XDrive all-wheel-drive system never detracts from the essential rear-wheel drive feel of this sports coupe. The 8-speed automatic is very frisky, and well suited to engaged driving. The M235i is also surprisingly comfortable over rough pavement.

The cabin is pretty much BMW standard issue, which is to say tastefully done, and with an iDrive master controller and some real switches and buttons (and no touch screen). The front seats are extremely comfortable and extremely adept at holding you in place when you're losing your mind (in a good way) in the corners. Not surprisingly, the rear seats are a bit tight.

The M235i can be had with every connectivity and active safety tech piece on offer by the industry, but as per premium German brand practice, option packages are premium priced. The nice stuff on our tester added another \$9,350 to the \$48,750 base price.

The M235i doesn't seem to have any direct competitors. It's the only compact, two-door, RWD sport coupe from the premium makes; the others offer sport coupes but one rung up in size class (like Cadillac ATS). Other competitors might include FWD-based go-fast premium coupes (like Audi S3), and maybe non-premium RWD coupes (like Ford Mustang).

THE CHECKLIST | 2015 BMW M235i XDRIVE

THE BASICS

Type. Premium, compact, two-door, RWD/AWD sports coupe

Power. 322-hp, turbo, 3.0-litre I6

Transmission. 6-speed manual or 8-speed automatic

Price. Base \$48,750 (plus destination)

NOTABLE FEATURES

- ConnectedDrive package includes Internet, real-time traffic alerts, and concierge services
- M Performance Exhaust and Adaptive Suspension system
- To save fuel, automatic transmission disengages from engine when drivers take foot off the gas



MIKE GOETZ/FOR METRO

POINTS

- Previously known as 1 Series. All-new platform for model year 2015
- All 2 Series vehicles exclusively two-doors. Cabriolet model added for model year 2016
- Base 228i Coupe (\$36,000) is RWD and powered by 241-hp twin-turbo "four"

MARKET POSITION

- Premium compact coupe for those who prioritize driving pleasure
- "M Performance Automobile" trim means more sport than normal, but not as much as full "M"
- Spiritual success to BMW's original small sports coupe, the iconic 2002, built from 1962-77

THE COMPETITION



Audi S3
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Mercedes-Benz C350 4Matic Coupe
Base price: \$56,050



Hyundai Genesis Coupe
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MANUFACTURING

A car is born: An inside look at a Chrysler casting plant



DRIVING FORCE
Jil McIntosh

During the Second World War, the Canadian government commissioned a factory on the west side of Toronto to build parts for military planes. In 1964, it was purchased by Chrysler, which used it to make engine components.

Now considerably enlarged and known as Etobicoke Casting, the plant is one of the company's top casting facilities. It uses proprietary aluminum alloy and high-tech methods to make vehicle crossmembers, as well as other parts that go into every vehicle the company sells in North America except for Viper and Fiat.

"Not many people can (make) these parts," says Ramsey Aljahmi, the plant's manufacturing manager. "There are very rigid quality requirements for these structural parts."

The plant makes many of its parts from a traditional alloy called 380, which is delivered molten from a nearby supplier. But it's too brittle for making crossmembers, which not only need some flexibility to handle road stress, but have to be strong enough to support all the suspension parts bolted to them.

For that, the plant uses a special alloy called Silafont, developed in Germany and available from a single North American supplier in Missouri. Since it's too far away to deliver



A conveyor takes newly made crossmembers to the X-ray machine for quality control. JIL MCINTOSH/FOR METRO

THE PROCESS

- The plant runs three shifts, primarily because keeping the machines at a constant temperature, instead of cooling and reheating between shifts, improves quality.
- Silafont scraps can be melted and reused, but each batch must be chemically analyzed and the "ingredients" adjusted if necessary.
- Automakers are using increasing amounts of materials such as aluminum to reduce weight and improve fuel economy.

molten, the alloy arrives in ingots that are melted in furnaces in the plant. It's injected into the moulds at very high speed and high pressure, filling the cavity in less than one-tenth of a second. While it would take six to eight minutes to cast the

part conventionally, the high-pressure system does it in two.

Any trapped air in the part could cause it to fail, and so each is X-rayed with 46 separate images. "It's like doing an MRI on every single part," Aljahmi says. "If one portion solidifies at a different rate, it can cause voids in the casting."

Parts that pass the X-ray screening are sprayed with fluorescent penetrating fluid, rinsed and then examined under blacklight, where workers look for any traces of glowing fluid that could indicate tiny cracks. Finally, they're stamped with an approval code and shipped out to vehicle assembly factories.

The plant is considered so good at what it does that its engineers have helped to train other casting facilities, including one of Fiat's key suppliers in Italy. It's also believed to be the largest single user of Silafont alloy worldwide, and will cast some 20.4 million kilograms of it this year.

Furniture, and a free charge-up



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

REBATES

California changes electric vehicle subsidies based on income

The Golden State has added income-based caps to its rebates for electric cars and plug-in hybrids. As of July 1, the subsidies buyers receive are being determined by income, says auto research and sales source CarsDirect.com. Previously under the California Clean Vehicle Rebate Program, buyers received incentives of \$1,500 US for plug-in hybrids and \$2,500 for electric cars across the board. Now, lower-income buyers will get more when they buy certain EV models: as much as \$3,000 US for a plug-in hybrid, \$4,000 for an electric car and \$6,500 for a hydrogen fuel-cell car. Perhaps it sounded ludicrous that someone who bought a \$800,000-plus US hybrid like the Porsche 918 (pictured) would get a subsidy of any kind at all.



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BMW'S PLUG-IN i8

Hotel adds supercar to customer fleet

Long known for its fleet of Rolls-Royce guest vehicles, the Peninsula Shanghai hotel has added "the world's most sustainable sports car" (which apparently is BMW's plug-in i8) to its guest fleet, which also includes other BMW models and Minis (BMW owns both brands). The German automaker in 2014 handed over an all-electric BMW i3 city car to the equally high-end Kempinski Hotel Beijing, as part of its strategy to promote electric mobility.



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GT model shown

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GT models shown

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▼0% APR Purchase Financing is available on select new 2015 and 2016 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of \$17,840 for the new 2015 Mazda3 GX (D4XK65AA00) with a financed amount of \$18,000, the cost of borrowing for a 48-month term is \$0, monthly payment is \$375, total finance obligation is \$18,000. Offer includes freight and P.D.E. of \$1,695, \$5 OMVIC fee, \$23.75 Tire Stewardship Fee, and \$100 Air Conditioning charge (where applicable). Offer excludes HST. †\$750 Summer Bonus is available on retail finance/lease of all new, in-stock 2015 Mazda3/2015 Mazda3 Sport models from August 1 - 31, 2015. Summer Bonus not available on Cash Purchase offers. Summer Bonus will be deducted from the negotiated price before taxes. See dealer for complete details. ‡Offer available on retail leases of new 2016 CX-3 GX (HVXK86AA00)/2016 Mazda6 GX (G4XL66AA00)/2016 CX-5 GX (NVXK66AA00) with a lease APR of 2.99%/1.49%/1.99% and 104/104/104 bi-weekly payments of \$128/\$139/\$139 for 48/48/48 months, the total lease obligation is \$14,341/\$15,503/\$15,502, including down payment (or equivalent trade-in) of \$995/\$995/\$995. As shown, Offered Pricing for new 2016 CX-3 GT (HXTK86AA00)/2016 Mazda6 GT (G4TL66AA00)/2016 CX-5 GT (NXTL86AA00) with a lease APR of 2.99%/1.49%/1.99% and 104/104/104 bi-weekly payments of \$183/\$199/\$206 for 48/48/48 months, the total lease obligation is \$20,043/\$21,725/\$22,399, including down payment (or equivalent trade-in) of \$995/\$995/\$995. Lease payments include freight and P.D.E. of \$1,895/\$1,695/\$1,895, \$5 OMVIC fee (all models), \$23.75 Tire Stewardship fee (all models), and \$100 Air Conditioning charge (where applicable). PPSA \$75.28/\$75.28 and first monthly payment are due at lease inception. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (12¢ per km for CX-9 models). Offers exclude HST. Offered leasing available to retail customers only. ♦No Payments for 90 Days (payment deferral) offer is available on all new in-stock 2015 and select new in-stock 2016 Mazda models (excluding 2016 CX-3 and 2016 MX-5 models) and applies only to purchase finance offers on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period interest will begin to accrue and the purchaser will repay the principal and interest monthly over the term of the contract. Offer period August 1 - 31, 2015. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid August 1 - 31, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

Mario Balotelli is being loaned back to AC Milan after a disastrous year at Liverpool



BLUE JAYS BY THE NUMBERS

Where Donaldson ranks

While the Josh Donaldson vs. Mike Trout MVP debate is likely to persist until the end of this season, another discussion worth pondering is where Donaldson's remarkable campaign ranks among the best in Blue Jays history.

The dynamic third baseman has no doubt entered the conversation. Here's a look at where he currently stands among the greatest individual seasons by Jays position players, according to Wins Above Replacement (as calculated by Baseball Reference). Conspicuously absent from the list

is the only player in Jays history to win an MVP, George Bell, who was voted the American League's most valuable player in 1987 when he hit .308 and clubbed 47 homers. Bell is evidently dinged for his defensive shortcomings and the limited value he added on the basepaths.

JOSH DONALDSON

2015, .302, 34 HR, 100 RBI, 7.1 WAR
With six weeks still remaining in the season, Donaldson has already put together the sixth-best season for a position player in Blue Jays history, according to WAR. If he continues at his current pace of more than 1.4 WAR per month, by season's end he will unseat Bautista's 2011 campaign for the top spot. Donaldson leads the majors in extra-base hits, runs scored and RBI while sitting second in home runs. He's also one of the best defensive third basemen in baseball and has been the Jays' most clutch hitter this season. Of his 34 homers, 23 have either tied the game or given the Jays the lead.

JOSE BAUTISTA

2011, .302, 43 HR, 103 RBI, 8.1 WAR
He hit more home runs in his breakout 2010 campaign, but 2011 was Bautista's better year. He led the majors in home runs, walks, slugging percentage and OPS, finishing third in MVP voting, behind Jacoby Ellsbury and Justin Verlander. By Wins Above Replacement, Bautista's 2011 season is the best in Blue Jays' history and among the top 20 by any player in the last decade.

JOHN OLERUD

1993, .363, 24 HR, 107 RBI, 7.7 WAR
Like Bautista, Olerud finished third in AL MVP voting in 1993, receiving fewer votes than teammate Paul Molitor and the unanimous winner, Frank Thomas. But Olerud was arguably better than all three. He won the batting title, while also leading the majors with 54 doubles and a .473 on-base percentage, which was 15 points higher than Barry Bonds that season.

JESSE BARFIELD

1986, .289, 40 HR, 108 RBI, 7.6 WAR
The right-fielder known for his cannon arm put it all together as a 26-year-old in 1986. He was an all-star, a Gold Glove and a Silver Slugger. He led the majors with 40 home runs and trailed only Wade Boggs in position-player WAR. The closest Barfield came to matching his '86 heroics was four years later as a member of the New York Yankees when he hit 25 home runs and posted an .815 OPS.

CARLOS DELGADO

2000, .344, 41 HR, 137 RBI, 7.3 WAR
Delgado's peak years with the Jays were overshadowed by juicing sluggers like Barry Bonds and Alex Rodriguez. But in 2000 he was among the league's best. His 137 RBI are the second most in a season in Jays' history, behind the record-setting 145 mark he reached in 2003. But the 57 doubles he hit in 2000 and his .664 slugging percentage remain the franchise's single-season high-water marks.

LLOYD MOSEBY

1984, .280, 18 HR, 92 RBI, 7.2 WAR
Moseby's only all-star appearance came in 1986, but '84 was his best season. Among position players, he finished fourth that year in Wins Above Replacement. It was Moseby's combination of power and speed that made his season so special. He hit 18 homers while also stealing 39 bases and leading the American League with 15 triples. The speedy centre-fielder was also one of the league's best defensive outfielders.

Righty claimed off waivers

The Toronto Blue Jays have claimed right-handed pitcher Donn Roach off waivers from the Cincinnati Reds.

Roach started one game for the Chicago Cubs this season before being claimed on waivers by Cincinnati on June 5.

In 22 triple-A starts this season with Iowa and Louisville, the six-foot, 195-pound pitcher has a 9-6 record with a 3.50 earned-run average.

To make room on the 40-man roster the Blue Jays have transferred outfielder Michael Saunders from the 15-day disabled list to the 60-day DL.

THE CANADIAN PRESS



Donn Roach

GETTY IMAGES

+ PLAYOFF TIX

The Jays will begin selling playoff tickets to season ticket holders on Wednesday, with sales expanding to new season ticket holders, flex-pack holders and eventually the general public over the coming weeks.

Fans who purchased their flex packs before Dec. 5, will be able to buy post-season tickets on Sept. 2, while those who bought flex packs after Dec. 5 will have to wait until Sept. 4 for their playoff tickets. Six pack holders will be allowed to buy post-season tickets on Sept. 8, with the sale expanding to new 2016 season-ticket holders on Sept. 10.

\$50-\$425

A single ticket in the upper deck will cost a minimum of \$50 for the wild card play-in game or the American League Division Series, while a single seat for those games directly behind home plate will go for \$425. Those prices climb for the AL Championship Series and the World Series, with a ticket to the latter costing \$160 in the 500s and \$1,400 for the best seats in Rogers Centre.

THE CANADIAN PRESS

NHL

Flames fired up by Giordano re-signing

The Calgary Flames checked the top task off their summer to-do list by signing captain Mark Giordano to a six-year contract extension.

The 31-year-old defenceman still has a year remaining on his current contract, but Flames general manager Brad Treliving said in May that re-signing Giordano was his "number one priority" this off-season.

The deal announced Tuesday is worth \$40.5 million US, at \$6.75 million per season.

"Mark has established himself over the last few years as an elite defenceman in the league," Treliving told The Canadian Press. "We look at it as we got our captain, our leader, our best player under a contract at what we feel is a very competitive number."



Mark Giordano is now locked into a six-year, \$40.5-million extension. GETTY IMAGES

The length of the contract was key to the negotiations, said Giordano. "Term was the most exciting part for me," the captain said.

THE CANADIAN PRESS

IN BRIEF

Ticats legend Mosca's shirt retired as he raises awareness for Alzheimer's
He epitomized toughness and tenacity during his playing days with the Hamilton Tiger-Cats, but Angelo Mosca wants the retirement of his No. 68 to shed light on who he is now.

The former defensive lineman, 78, was diagnosed with Alzheimer's disease in February. "I'm happy I've made awareness of what's wrong with me," Mosca told reporters Tuesday. He will be only the second player in club history to have his jersey retired.

THE CANADIAN PRESS

Japan told to speed up 2020 arena by Olympic Committee

A top International Olympic Committee official urged Japan on Tuesday to speed up the troubled construction of Tokyo's new national stadium for delivery by January 2020, but the Japanese minister in charge of the Games cautioned this may not be possible.

IOC vice-president John Coates told reporters in Tokyo that he asked Japan's senior Olympic officials to meet the deadline in order to run a series of tests before the Games open in August 2020. THE ASSOCIATED PRESS

Theisen-Eaton finds no silver lining in second

WORLD CHAMPIONSHIPS

Our heptathlon heroine and world No. 1 only wanted gold

Canadian decathlon star Damian Warner compares track and field's multi-events to golf — when you hit a bad shot, shrug it off and move on.

Brianne Theisen-Eaton says it's not that easy.

The 26-year-old from Humboldt, Sask., won her second consecutive world silver medal in the heptathlon on the opening weekend of the world championships. But after what amounted to a triple bogey in high jump derailed her confidence, it felt more like she'd let gold slip away.

"Imagine if it was the biggest golf tournament you'd ever played in," she said. "How do you put it out of your mind? It's just so hard. Like: 'It doesn't matter. It's fine.' No it's not fine.



That's the mental part that I struggle with, telling myself it's fine, get over it. I have to figure that out.

Brianne Theisen-Eaton



Jessica Ennis-Hill, second from left, is congratulated by Canada's Brianne Theisen-Eaton after winning the women's heptathlon. CAMERON SPENCER/GETTY IMAGES

"That's the mental part that I struggle with, telling myself it's fine, get over it. I have to figure that out."

She arrived in Beijing ranked No. 1 in the world. She still is — her score from May's Hypo-Meeting in Austria was 139 points better than Jessica Ennis-Hill's winning score here.

Theisen-Eaton is putting the performance out of her mind for now, to look ahead to husband Ashton Eaton's decathlon, which starts Friday. The multi-events power couple spent a couple of hours Tuesday morn-

ning at Beijing's famous Silk Street market, having two suits custom-made for Ashton.

"He can never find suits to fit him," Theisen-Eaton said, "he can never wear pants without a belt." It's an age-old problem for athletes with tiny waists and muscular thighs.

The couple will head to Japan for a week's holiday, then Theisen-Eaton will turn her attention to the problems that plagued her here, and making sure she learns from them for Rio.

She'd been so solid through

the last couple of seasons, her coach Harry Marra calls her the "Consistency Queen." She'd perhaps never felt so much pressure. And she'd never been in the position of having to claw her way back — she was fifth after the high jump.

"I overanalyzed a million things, and nit-picked at everything and that just threw everything off," she said. "Everything unravelled and I couldn't get any sort of rhythm whatsoever. And then everything just made everything worse."

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Filling enough to be a main course meal! Serves 4.

Ready in

Prep time: 10 minutes
Cook time: 12 minutes

Ingredients

- 4 oz boneless skinless chicken breasts, diced
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- 6 cups sliced mushrooms (any variety)
- 8 cups baby spinach
- Dressing
- 2 Tbsp low-sodium soy sauce
- 1 1/2 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger
- Garnish
- 2 tsp toasted sesame seeds

Directions

1. Dust chicken cubes with cornstarch. In a medium hot skillet, add oil and sauté for about four minutes or just until chicken is cooked right through. Set aside.
2. Wipe out skillet and spray with vegetable oil. Sauté mushrooms on medium heat until all the moisture has been absorbed.
3. Dressing: In a small bowl, combine all ingredients.
4. Place spinach on a serving platter and add mushrooms and chicken. Pour dressing over top, mix gently and garnish with sesame seeds.

Nutrition per serving

- Calories 111
- Protein 10.5 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 4 g
- Saturated fat 0 g
- Cholesterol 16 mg
- Sodium 288 mg

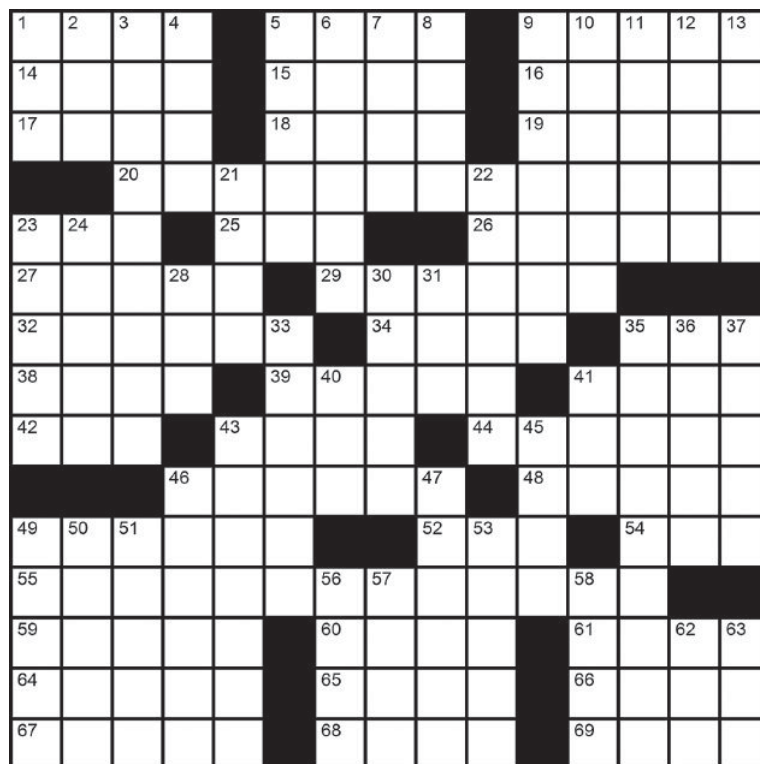
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Rocker/actor Mr. Springfield
5. Kitchen amt.
9. Ms. Winfrey
14. Agenda
15. Back
16. New Orleans-set HBO series of 2010 to 2013
17. Same: French
18. Inactive
19. Gradually diminish
20. Famous __ __ (World renowned black light puppetry company founded in Toronto in 1974)
23. Barely get by
25. Potpie morsel
26. Q. "Dylan Thomas, was he __ poet?" A. "Indeed."
27. Major artery
29. Abundant
32. Judge props
34. Pull in wages
35. "Survivor" network
38. Panache
39. Swap stock
41. Earth goddess of yore, variantly
42. Operated
43. Rupture
44. Timber decay: 2 wds.
46. Voice box
48. Beerless beer bottle
49. Sacred structure
52. Charlotte of "Diff'rent Strokes"
54. Listener
55. Margaret Atwood's nickname: 3 wds.



59. "The Man from __" (2015)
60. Potato chip brand
61. Tuner
64. Donald Sutherland's profession
65. Sheltered, nautically
66. Jealousy

67. Red Sea sailing vessels
68. Caesar's 1450
69. Pulitzer-winning writer James

DOWN

1. Circling stat.
2. 'Duct' suffix (Malleable)

3. Vacationer's home-on-wheels
4. Sports pad spot
5. Hogwash
6. James Blunt album: 'Back to __'
7. Pelletier's skating partner
8. Briefly get

- ready
9. Denizen of one of Canada's biggest cities
10. Spoke to God
11. Force back
12. Continental neighbours of Canadians, briefly
13. Famed journal-

- ist Seymour
21. Iridescent gem
22. In a den, as an animal
23. Gung-ho
24. Eucalyptus muncher
28. Coffee break time
30. Pine
31. "Way cool!"
33. "Connected" by __ MC's
35. Hardwood alternative
36. Region's plant and animal life
37. Ancient companion for Dionysus
40. Light beam
41. Class to be last-picked in :(
43. Family members on "Full House"
45. Movie projector attachment
46. Be inconspicuous: 2 wds.
47. Got imagery of the skeleton
49. Team
50. Intuition
51. Verso's pal amongst the pages
53. American nature photographer Mr. Adams
56. Film-__ (Swin-dle)
57. Math class [abbr.]
58. Approximation
62. "5th __. Girl" (1939)
63. Caustic solution

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good news will come your way today but maybe it would be smart not to read into it. In life you get nothing for free, not even from people who are generous by nature, so be careful.

Taurus April 21 - May 21
There may be no such thing as a perfect day but today will come close. Personally, professionally, romantically and financially you are on a roll — keep it going.

Gemini May 22 - June 21
If you want something enough you will find a way to get it, even if certain people don't want you to have it. Today will remind you that some of the best things in life don't have to be worked too hard for.

Cancer June 22 - July 23
You need to decide whether to forgive someone who has let you down badly. They say a leopard can't change its spots, so err on the side of caution and don't let them hurt you again.

Leo July 24 - Aug. 23
You will find it remarkably easy to charm your way to success today and maybe make a fortune in the process. But don't make claims now that you may find hard to live up to.

Virgo Aug. 24 - Sept. 23
With Jupiter so strong in your sign you are not going to sit at home watching the TV or reading a book. You want excitement and you will go anywhere and do anything to get it.

Libra Sept. 24 - Oct. 23
Something you were hoping would remain a secret will be brought into the open today but it won't be as embarrassing as you feared it would be. In fact, no one cares in the slightest.

Scorpio Oct. 24 - Nov. 22
Your generosity will make you friends today but it could also get you into trouble, especially if you are too trusting of people you don't know well. What happened to that overly suspicious Scorpio?

Sagittarius Nov. 23 - Dec. 21
You are worrying about issues that are not worth the effort. Today's Sun-Jupiter link promises that whatever you do things will work out well, so quit fretting and enjoy.

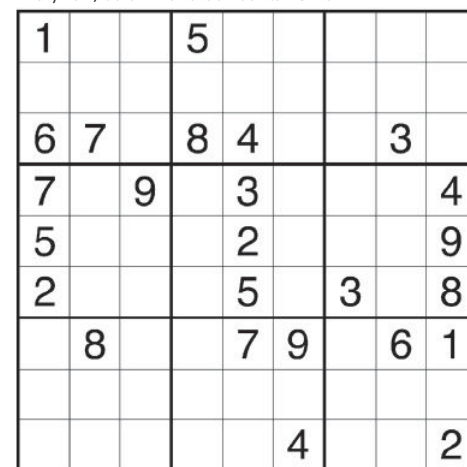
Capricorn Dec. 22 - Jan. 20
You cannot go wrong today. You will have the world eating out of your hand. You don't even need to be wary of people in positions of authority — they love you too!

Aquarius Jan. 21 - Feb. 19
Do you spend more quality time with family and friends or do you focus on making a name for yourself on the work front? Only you can decide but don't think it has to be one or the other.

Pisces Feb. 20 - March 20
Try not to take affairs of the heart too seriously today. A new relationship may be making your heart beat faster but it may just be a short-term fling, so don't get too attached.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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